



# Yoga & Pilates Class Schedule July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pilates 9:00-9:45am	2 Yoga-Pilates Sculpt 5:30-6:15am	3 Pilates 9:00-9:45am	4 Closed for the 4th of July	5
8 Pilates 9:00-9:45am	9 Yoga-Pilates Sculpt 5:30-6:15am	10 Pilates 9:00-9:45am	11 Yoga-Pilates Sculpt 5:30-6:15am	12 Hatha Yoga 6:00-6:45am
15 Pilates 9:00-9:45am	16 Yoga-Pilates Sculpt 5:30-6:15am	17 Pilates 9:00-9:45am	18 Yoga-Pilates Sculpt 5:30-6:15am	19 Hatha Yoga 6:00-6:45am
22 Pilates 9:00-9:45am	23 Yoga-Pilates Sculpt 5:30-6:15am	24 Pilates 9:00-9:45am	25 Yoga-Pilates Sculpt 5:30-6:15am	26 Hatha Yoga 6:00-6:45am